C:Cup T:Tablespoon G:Gram **COURTLEIGH PLACE** **WINTER MENU 1 2026-2027**

Menu Guide Average size serving		**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Between Meal Eating (A.M.)		HOT OATMEAL WITH	WHOLE GRAIN SCONES	MINI WHOLE WHEAT CROISSANT WITH	VANILLA YOGURT WITH	MULTI GRAIN CHEERIOS WITH
Milk and/or	1/4 -1/2 C	BROWN SUGAR	MARGARINE	MARGARINE	GRANOLA BARS	FROZEN
Fruit, juice, or vegetable	1/4 -1/2 C	WITH RAISINS	& PLUMS	AND	AND PEARS	MIXED FRUIT
Bread, sandwich or	1/4 -1/2 slice	&	&	GALA APPLES	&	&
cereal, enriched or whole grain	1/4 -1/3 C	MILK	& MILK	& MILK	WATER	MILK
Noonday Meal		VEGETABLE BEEF BARLEY	VEGETABLE & GROUND BEEF	FISH BURGERS, OVEN ROASTED	WHOLE WHEAT SPAGHETTI	BAKED CHICKEN BREAST FILLETS
Meat and/or alternate		SOUP	STEW	SWEET POTATO	&	
one of the following or				FRIES	MEATBALLS	
a combination	30 - 45 G					
Cooked meat, fish, poultry	30 - 45 G	GARDEN	TOSSED	COLE SLAW	SALAD	CALIFORNIA
cheese	1	SALAD	SALAD			VEGETABLES
egg	1/4 -1/2 C					
cooked dry beans		CUCUMBER	CARROT	CHERRY	PLUM TOMATOES	CELERY
Vegetables and/or fruit	1/4 -1/2 C	COINS	STICKS	TOMATOES	SLICES	STICKS
Bread or	1/4 -1/2 slice	WHOLE WHEAT	BROWN	WW BREAD		MULTIGRAIN
equivalent	2 - 4 T	MINI BAGEL WITH CREAM CHEESE	RICE			BREAD
Milk	1/2 - 3/4 C	MILK & PEARS	MILK & ORANGES	MILK & CLEMENTINE	MILK & GREEN GRAPES	MILK & BANANA
Between Meal Eating (P.M.)		CRUNCHY RICE ROLLS AND GALA APPLES & MILK	WHOLE WHEAT MINI PITA WITH CREAM CHEESE & WATER	SPINACH DIP WITH BREAD STICKS & GREEN PEPPERS & MILK	MINI CARROT LOAVES WITH GALA APPLES & MILK	RICE CAKES WITH CHERRY TOMATOES AND MARBLE CHEESE CUBES & WATER
Late PM Snack		HARD BOILED EGGS & MILK	BROCCOLI FLORETTES & MILK	CUCUMBER SLICES & MILK	RED PEPPER WEDGES & MILK	CARROT STICKS & MILK

C:Cup T:Tablespoon G:Gram COURTLEIGH PLACE **VEGETARIAN** WINTER MENU 1

Menu Guide Average size serving		**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Between Meal Eating (A.M.)		HOT OATMEAL WITH	WHOLE GRAIN SCONES	MINI WHOLE WHEAT CROISSANT WITH	VANILLA YOGURT WITH	MULTI GRAIN CHEERIOS WITH
Milk and/or	1/4 -1/2 C	BROWN SUGAR	MARGARINE	MARGARINE	GRANOLA BARS	FROZEN
Fruit, juice, or vegetable	1/4 -1/2 C	WITH RAISINS	& PLUMS	AND	AND PEARS	MIXED FRUIT
Bread, sandwich or	1/4 -1/2 slice	&	&	GALA APPLES	&	&
cereal, enriched or whole grain	1/4 -1/3 C	MILK	& MILK	& MILK	WATER	MILK
Noonday Meal		VEGETABLE AND BARLEY	VEGETABLES & VEG.GROUND	FISH BURGERS, OVEN ROASTED	WHOLE WHEAT SPAGHETTI	VEGGIE BURGER
Meat and/or alternate		SOUP	ROUND STEW	SWEET POTATO	WITH VEGGIE	
one of the following or a combination				FRIES	GROUND ROUND	
Cooked meat, fish, poultry	30 - 45 G					
cheese	30 - 45 G	GARDEN	TOSSED	COLE SLAW	GREEN	CALIFORNIA
egg	1	SALAD	SALAD		SALAD	VEGETABLES
cooked dry beans	1/4 -1/2 C					
		CUCUMBER	CARROT	CHERRY	PLUM TOMATOES	CELERY
Vegetables and/or fruit	1/4 -1/2 C	COINS	STICKS	TOMATOES	SLICES	STICKS
Bread or	1/4 -1/2 slice	WHOLE WHEAT	BROWN	WW BREAD		MULTI GRAIN
equivalent	2 - 4 T	MINI BAGEL WITH CREAM CHEESE	RICE			BREAD
Milk	1/2 - 3/4 C	MILK & PEARS	MILK & ORANGES	MILK & CLEMENTINE	MILK & GREEN GRAPES	MILK & BANANA
Between Meal Eating (P.M.)		CRUNCHY RICE ROLLS AND GALA APPLES & MILK	WHOLE WHEAT MINI PITA WITH CREAM CHEESE & WATER	SPINACH DIP WITH BREAD STICKS & GREEN PEPPERS & MILK	MINI CARROT LOAVES WITH GALA APPLES & MILK	RICE CAKES WITH CHERRY TOMATOES AND MARBLE CHEESE CUBES & WATER
Late PM Snack		HARD BOILED EGGS & MILK	BROCCOLI FLORETTES & MILK	CUCUMBER SLICES & MILK	RED PEPPER WEDGES & MILK	CARROT STICKS & MILK

*** Menus reviewed by registered dietitian**

C:Cup T:Tablespoon G:Gram		**COURTLEIGH PLACE**				**WINTER MENU 2 2026-2027**
Menu Guide Average size serving		**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Between Meal Eating (A.M.)		MINI WHOLE WHEAT BAGEL	MULTIGRAIN CHEERIOS WITH	WHOLE WHEAT ENGLISH MUFFINS	VANILLA YOGURT, WITH	VEGETABLE & FRUIT SMOOTHIE,
Milk and/or	1/4 -1/2 C	LIGHT CREAM	FROZEN	WITH	GRAHAM CRACKERS	WW TOAST WITH
Fruit, juice, or vegetable	1/4 -1/2 C	CHEESE AND	BLUEBERRIES	MARGARINE	AND	MARGARINE
Bread, sandwich or	1/4 -1/2 slice	GALA APPLES	&	CUCUMBER SLICES	FRESH BERRIES	&
cereal, enriched or whole grain	1/4 -1/3 C	& MILK	MILK	& MILK	& MILK	MILK
Noonday Meal		CHICKEN IN BBQ	GROUND BEEF MACARONI PIE	SOLE FISH	MINCED CHICKEN STEW WITH	EGG NOODLE SOUP WITH
Meat and/or alternate		SAUCE			MIXED VEGETABLES	CHICKEN AND
one of the following or a combination				POTATO		VEGETABLES
Cooked meat, fish, poultry	30 - 45 G			WEDGES		
cheese	30 - 45 G	COOKED				
egg	1	CALIFORNIA	GARDEN	GREEN		TOSSED
cooked dry beans	1/4 -1/2 C	VEGETALBES	SALAD	SALAD		SALAD
Vegetables and/or fruit	1/4 -1/2 C	CHERRY TOMATOES	CARROT STICKS	RED PEPPER WEDGES	GREEN PEPPER WEDGES	PLUM TOMATO SLICES
Bread or equivalent	1/4 -1/2 slice	BROWN RICE		WHOLE WHEAT BREAD	WHOLE WHEAT COUSCOUS	WHOLE WHEAT PITA
Milk	1/2 - 3/4 C	MILK & PEARS	MILK & ORANGES	MILK & GALA APPLES	MILK & GREEN GRAPES	MILK & CLEMENTINE
Between Meal Eating (P.M.)		TZATZIKI DIP WITH BREADSTICKS AND CUCUMBER COINS & MILK	CORN TORTILLA, SALSA, CHEDDAR CHEESE CUBES & MILK * INFANTS WW PITA WITH CREAM CHEESE	MINI BAGELS WITH MARGARINE, AND CAULIFLOWER & MILK	CHERRY TOMATO AND MINI PITA WITH CREAM CHEESE & MILK	MIXED BERRIES GRANOLA BARS WITH GALA APPLES & MILK
Late PM Snack		RITZ CRACKERS & WATER	BANANA & MILK	OATMEAL APPLE SAUCE COOKIES & MILK	VEGETABLE THIN CRACKERS & MILK	ARROWROOT COOKIES & MILK

C:Cup T:Tablespoon G:Gram		COURTLEIGH PLACE WINTER **VEGETARIAN**			**WINTER MENU 2**	
Menu Guide Average size serving		**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Between Meal Eating (A.M.)		MINI WHOLE WHEAT BAGEL	MULTIGRAIN CHEERIOS WITH	WHOLE WHEAT ENGLISH MUFFINS	VANILLA YOGURT, WITH	VEGETABLE & FRUIT SMOOTHIE,
Milk and/or	1/4 -1/2 C	LIGHT CREAM	FROZEN	WITH	GRAHAM CRACKERS	WW TOAST WITH
Fruit, juice, or vegetable	1/4 -1/2 C	CHEESE AND	BLUEBERRIES	MARGARINE	AND	MARGARINE
Bread, sandwich or	1/4 -1/2 slice	GALA APPLES	&	CUCUMBER SLICES	FRESH BERRIES	&
cereal, enriched or whole grain	1/4 -1/3 C	& MILK	MILK	& MILK	& MILK	MILK
Noonday Meal		VEGGIE BURGER IN BBQ	VEGETABLE GROUND ROUND MACARONI PIE	SOLE FISH	VEGETARIAN GROUND ROUND STEW WITH VEGETABLES	EGG NOODLE SOUP WITH VEGETABLES
Meat and/or alternate		SAUCE				
one of the following or a combination				POTATO		
Cooked meat, fish, poultry	30 - 45 G			WEDGES		
cheese	30 - 45 G	COOKED				
egg	1	CALIFORNIA	GARDEN	GREEN		LETTUCE
cooked dry beans	1/4 -1/2 C	VEGETALBES	SALAD	SALAD		
Vegetables and/or fruit	1/4 -1/2 C	CHERRY TOMATOES	CARROT STICKS	RED PEPPER WEDGES	GREEN PEPPER WEDGES	PLUM TOMATO SLICES
Bread or equivalent	1/4 -1/2 slice	BROWN RICE		WHOLE WHEAT BREAD	WHOLE WHEAT COUSCOUS	WHOLE WHEAT PITA
Milk	1/2 - 3/4 C	MILK & PEARS	MILK & ORANGES	MILK & GALA APPLES	MILK & GREEN GRAPES	MILK & CLEMENTINE
Between Meal Eating (P.M.)		TZATZIKI DIP WITH BREADSTICKS AND CUCUMBER COINS & MILK	CORN TORTILLA, SALSA, CHEDDAR CHEESE CUBES & MILK * INFANTS WW PITA WITH CREAM CHEESE	MINI BAGELS WITH MARGARINE, AND CAULIFLOWER & MILK	CHERRY TOMATO AND MINI PITA WITH CREAM CHEESE & MILK	MIXED BERRIES GRANOLA BARS WITH GALA APPLES & MILK
Late PM Snack		RITZ CRACKERS & WATER	BANANA & MILK	OATMEAL APPLE SAUCE COOKIES & MILK	VEGETABLE THIN CRACKERS & MILK	ARROWROOT COOKIES & MILK

*** Menus reviewed by registered dietitian**

C:Cup T:Tablespoon G:Gram		**COURTLEIGH PLACE**				**WINTER MENU 3 2026-2027**
Menu Guide Average size serving		**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Between Meal Eating (A.M.)		HOT OATMEAL WITH	WHOLE WHEAT TOAST WITH	MULTIGRAIN CHEERIOS,	VANILLA YOGURT GRANOLA BARS	ENGLISH MUFFINS WITH
Milk and/or	1/4 -1/2 C	BROWN SUGAR	COTTAGE CHEESE	FROZEN	AND	SOFT CHEESE
Fruit, juice, or vegetable	1/4 -1/2 C	WITH RAISINS	AND	MIXED FRUITS	PEARS	AND TROPICAL FRUIT
Bread, sandwich or	1/4 -1/2 slice	&	PEACH SLICES	&	&	&
cereal, enriched or whole grain	1/4 -1/3 C	MILK	& MILK	MILK	MILK	MILK
Noonday Meal		MEXICAN MEATBALLS	MACARONI AND CHICKEN WITH PEAS	FISH STICKS	WHOLE WHEAT SPAGHETTI WITH MEAT	MACARONI BEEF & VEGETABLE
Meat and/or alternate						
one of the following or a combination			IN RED SAUCE		SAUCE	SOUP
Cooked meat, fish, poultry	30 - 45 G			ROSTI		
cheese	30 - 45 G			POTATOES		
egg	1					
cooked dry beans	1/4 -1/2 C		TOSSED SALAD	STEAMED CORN	TOSSED SALAD	CREAM CHEESE
Vegetables and/or fruit	1/4 -1/2 C	CUCUMBER COINS	GREEN PEPPER WEDGES	CAULIFLOWER FLORETS	RED PEPPER WEDGES	PLUM TOMATO
Bread or	1/4 -1/2 slice	BROWN RICE WITH		WHOLE WHEAT		MINI BAGELS
equivalent	2 - 4 T	QUINOA AND TUMERIC		BREAD		
Milk	1/2 - 3/4 C	MILK & PEARS	MILK & CANTALOUPE	MILK & ORANGE	MILK & GREEN GRAPES	MILK & BANANA
Between Meal Eating (P.M.)		TUNA SALAD SANDWICHES AND CHERRY TOMATO & MILK	CLEMENTINE AND BANANA MAPLE COOKIES & MILK	MINI BAGELS WITH CREAM CHEESE AND APPLE SAUCE & MILK	PREMIUM CRACKERS WITH MOZZARELLA CHEESE CUBES GALA APPLES & MILK	MINI CHEDDAR RICE CAKES AND ORANGES & MILK
Late PM Snack		CARROT STICKS & MILK	CUCUMBER COINS & MILK	CRUNCHY RICE ROLLS & MILK	BROCCOLI FLORETTES & MILK	MULTIGRAIN SCONES & MILK

C:Cup T:Tablespoon G:Gram		COURTLEIGH PLACE **VEGETARIAN**				**WINTER MENU 3**
Menu Guide Average size serving		**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Between Meal Eating (A.M.)		HOT OATMEAL WITH	WHOLE WHEAT TOAST WITH	MULTIGRAIN CHEERIOS,	VANILLA YOGURT GRANOLA BARS	ENGLISH MUFFINS WITH
Milk and/or	1/4 -1/2 C	BROWN SUGAR	COTTAGE CHEESE	FROZEN	AND	SOFT CHEESE
Fruit, juice, or vegetable	1/4 -1/2 C	WITH RAISINS	AND	MIXED FRUITS	PEARS	AND TROPICAL FRUIT
Bread, sandwich or	1/4 -1/2 slice	&	PEACH SLICES	&	&	&
cereal, enriched or whole grain	1/4 -1/3 C	MILK	& MILK	MILK	MILK	MILK
Noonday Meal		MEXICAN VEGETARIAN MEATBALLS	MACARONI AND CHICKEN WITH PEAS	VEGGIE CUTLET	WHOLE WHEAT SPAGHETTI VEG.GROUND ROUND	MACARONI, GROUND ROUND VEGETABLE
Meat and/or alternate						
one of the following or a combination			IN RED SAUCE		SAUCE	SOUP
Cooked meat, fish, poultry	30 - 45 G			ROSTI		
cheese	30 - 45 G			POTATOES		
egg	1					
cooked dry beans	1/4 -1/2 C		TOSSED SALAD	STEAMED CORN	TOSSED SALAD	CREAM CHEESE
Vegetables and/or fruit	1/4 -1/2 C	CUCUMBER COINS	GREEN PEPPER WEDGES	CAULIFLOWER FLORETS	RED PEPPER WEDGES	PLUM TOMATO
Bread or	1/4 -1/2 slice	BROWN RICE WITH		WHOLE WHEAT		MINI BAGELS
equivalent	2 - 4 T	QUINOA AND TUMERIC		BREAD		
Milk	1/2 - 3/4 C	MILK & GREEN GRAPES	MILK & GALA APPLE	MILK & PEARS	MILK & RED GRAPES	MILK & BANANA
Between Meal Eating (P.M.)		TUNA SALAD SANDWICHES AND CHERRY TOMATO & MILK	CLEMENTINE AND BANANA MAPLE COOKIES & MILK	MINI BAGELS WITH CREAM CHEESE AND APPLE SAUCE & MILK	PREMIUM CRACKERS WITH MOZZARELLA CHEESE CUBES GALA APPLES & MILK	MINI CHEDDAR RICE CAKES AND ORANGES & MILK
Late PM Snack		CARROT STICKS & MILK	CUCUMBER COINS & MILK	CRUNCHY RICE ROLLS & MILK	BROCCOLI FLORETTES & MILK	BOILED EGGS & MILK

*** Menus reviewed by registered dietitian**

C:Cup T:Tablespoon G:Gram **COURTLEIGH PLACE** **WINTER MENU 4 2026-2027**

Menu Guide Average size serving		**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Between Meal Eating (A.M.)		APPLE SAUCE AND	WHOLE WHEAT PITA WITH	MULTIGRAIN CHEERIOS	VANILLA YOGURT, DIGESTIVE COOKIES	FRUIT & VEGETABLE
Milk and/or	1/4 -1/2 C	BREAD	CREAM CHEESE	WITH	AND	SMOOTHIE AND
Fruit, juice, or vegetable	1/4 -1/2 C	STICKS	AND	BANANA	GALA APPLES	CRUNCHY RICE ROLL
Bread, sandwich or	1/4 -1/2 slice	&	PEARS	&	&	&
cereal, enriched or whole grain	1/4 -1/3 C	MILK	& MILK	MILK	MILK	MILK
Noonday Meal		CHICKEN BREAST FILLET	SOLE FISH	CHICKEN SAUSAGE	CHILI (GROUND BEEF, KIDNEY BEANS IN TOMATO SAUCE)	HEARTY VEGETABLE SOUP
Meat and/or alternate one of the following or a combination						
Cooked meat, fish, poultry	30 - 45 G		POTATO	ROSTI	SHREDDED	
cheese	30 - 45 G		WEDGES	POTATO	CHEESE	FISH STICKS
egg	1	TOSSED				
cooked dry beans	1/4 -1/2 C	SALAD	COLE SLAW	PEAS	GREEN SALAD	
	1 - 2 T					
Vegetables and/or fruit	1/4 -1/2 C	CHERRY TOMATOES	CUCUMBER COINS	RED PEPPER WEDGES	SLICED TOMATOES	CARROT STICKS
Bread or equivalent	1/4 -1/2 slice 2 - 4 T	SWEET POTATO FRIES	NAAN BREAD	DINNER ROLLS	WHOLE WHEAT SOFT TORTILLA	
Milk	1/2 - 3/4 C	MILK	MILK	MILK	MILK	MILK
Dessert	optional	& GALA APPLES	& CLEMENTINE	& CANTALOUPE	& GREEN GRAPES	& BANANA
Between Meal Eating (P.M.)		MINI CARROT LOAVES AND	ORANGES AND GRANOLA BARS	BLUEBERRY OATMEAL ROUNDS	PREMIUM WHOLE WHEAT CRACKERS, WITH SOFT CHEESE	HUMMUS AND BREADSTICKS, ORANGES
Same pattern as (A.M.)		GREEN PEPPERS & MILK	& MILK	GALA APPLES & MILK	AND PEACH SLICES & WATER	& MILK
Late PM Snack		DIGESTIVE COOKIES & MILK	CARROT STICKS & MILK	TRISCUIT CRACKERS & WATER	BROCCOLI FLORETTES & MILK	WHEAT THIN CRACKERS & MILK

*** Menus reviewed by registered dietitian**

C:Cup T:Tablespoon G:Gram COURTLEIGH PLACE **VEGETARIAN** **WINTER MENU 4**

Menu Guide Average size serving		**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Between Meal Eating (A.M.)		APPLE SAUCE AND	WHOLE WHEAT PITA WITH	MULTIGRAIN CHEERIOS	VANILLA YOGURT, DIGESTIVE COOKIES	FRUIT & VEGETABLE
Milk and/or	1/4 -1/2 C	BREAD	CREAM CHEESE	WITH	AND	SMOOTHIE AND
Fruit, juice, or vegetable	1/4 -1/2 C	STICKS	AND	BANANA	GALA APPLES	CRUNCHY RICE ROLL
Bread, sandwich or	1/4 -1/2 slice	&	PEARS	&	&	&
cereal, enriched or whole grain	1/4 -1/3 C	MILK	& MILK	MILK	MILK	MILK
Noonday Meal		VEGETARIAN BURGER	SOLE FISH	VEGETARIAN SAUSAGE	CHILI (VEGETARIAN GROUND ROUND, RED BEANS IN TOMATO SAUCE)	HEARTY VEGETABLE SOUP
Meat and/or alternate one of the following or a combination			POTATO	ROSTI		
Cooked meat, fish, poultry	30 - 45 G		WEDGES	POTATO		
cheese	30 - 45 G				SHREDDED	FISH STICKS
egg	1	TOSSED	COLE SLAW	PEAS	CHEESE	
cooked dry beans	1/4 -1/2 C	SALAD			SALAD	
	1 - 2 T			RED PEPPER		
Vegetables and/or fruit	1/4 -1/2 C	CHERRY TOMATOES	CUCUMBER COINS	WEDGES	SLICED TOMATOES	CARROT STICKS
Bread or	1/4 -1/2 slice			DINNER		
equivalent	2 - 4 T	SWEET POTATO FRIES	NAAN BREAD	ROLLS	WHOLE WHEAT SOFT TORTILLA	
Milk	1/2 - 3/4 C	MILK	MILK	MILK	MILK	MILK
		& GALA APPLES	& CLEMENTINE	& CANTALOUPE	& GREEN GRAPES	& BANANA
Between Meal Eating (P.M.)		MINI CARROT LOAVES AND	ORANGES AND GRANOLA BARS	BLUEBERRY OATMEAL ROUNDS	PREMIUM WHOLE WHEAT CRACKERS, WITH SOFT CHEESE	HUMMUS AND BREADSTICKS, ORANGES
		GREEN PEPPERS & MILK	& MILK	GALA APPLES & MILK	AND PEACH SLICES & WATER	& MILK
Late PM Snack		DIGESTIVE COOKIES & MILK	CARROT STICKS & MILK	TRISCUIT CRACKERS & WATER	BROCCOLI FLORETTES & MILK	WHEAT THIN CRACKERS & MILK

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